



YEAH, WE'RE TRYING
TO FORGET IT, TOO
THE WORD {pages 07-08}

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IN CENTER CITY

PHILADELPHIA

Tuesday, August 30, 2011

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Still swamped

► Nation's busiest rail line, Northeast Corridor, waterlogged ► Amtrak has
no timetable yet for restarting service ► 160,000 remain without power {page 02}



Sports

Vick signs for \$100M, report says

► ESPN reports Eagles have
inked QB to six-year deal

► Source says it includes
\$40M guaranteed {page 29}

The big menu of the Big Easy

New Orleans is known mostly for
its Mardi Gras celebration, but
we celebrate its grub {pages 30-31}

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Floods linger, lights still out

► Train service on Northeast Corridor in Trenton still under three to five feet of water ► Connection between Philly and NYC halted, SEPTA service on Trenton line shortened ► 168,000 properties still without electricity

Hurricane Irene may have left the Delaware Valley early Sunday, but the aftermath still caused headaches for thousands of residents yesterday.

The lights also remain out for thousands of homes in the five-county region this morning and on a greater scale, Amtrak's well-traveled Northeast Corridor railroad line connecting Philadelphia and New York City was still underwater last night in Trenton. Amtrak officials couldn't say when trains, including SEPTA's Trenton line, would be able to resume as normal. Abbreviated service between Levittown and Center City was expected today.

SEPTA spokeswoman Heather Redfern said service on the Paoli-Thorndale and Cynwyd lines was expected to resume this morning.

"We had minimal damage and most of it was downed trees and branches that needed to be cleared," Redfern said, adding that the agency began working last week to prepare for the possible impact.

Roughly 168,000 PECO customers, including 2,500 in Philadelphia, were still without power yesterday in scattered parts of the region as crews worked to clear trees and repair wires. PECO hopes to restore 90 percent of those customers by the close of



► Floods receded yesterday from these deep depths captured late Sunday evening along Kelly Drive. But some low-lying roads and train tracks are still flooded.



"We had minimal damage and most of it was downed trees and branches that needed to be cleared." REDFERN

business tomorrow and all of them by the weekend.

It will take the city weeks to calculate the total damages, Mayor Michael Nutter said, but he called the city's response "spectacular."

"All the things that we put in place to try to deal with what was at least the potential to be one of the worst storms in the last 25 to 50 years pretty much worked exactly the way we had designed," Nutter said.

By the numbers

5.7

Inches of rainfall in Philadelphia over the weekend, putting the city way over the top for rain in one month

179

Number of people who used three city shelters set up by Red Cross

14,118

Number of calls over the weekend to the city's 311 center, which operated around the clock since Friday

600

Estimated number of tree response requests to the Parks and Recreation Dept.

27

Incidents reported to L&I over the weekend, including collapses and structures damaged



SOLOMON D. LEACH
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N. Philly buildings collapse

NORTH PHILADELPHIA. Authorities are investigating another building collapse in North Philadelphia, the second in as many days. A vacant property on West Susquehanna Avenue suffered an interior collapse around 8:30 yesterday morning. No one was in the building at the time and no injuries have been reported. The cause of the new collapse is unknown, but the first building fell during hurricane Irene. The mixed-use building on North 11th Street, collapsed around 1 a.m. Sunday. ● METRO/AW

W. Philly man robbed, killed

WEST PHILADELPHIA. A man was stabbed to death last night during an apparent robbery. Officers responding to a first-floor apartment on the 5300 block of Race Street around 9:25 p.m. found the tenant unresponsive with multiple stab wounds to the torso and face. Stefan Washington, 56, was pronounced dead at the scene shortly before 9:45 p.m. Police believe that the motive was robbery. The investigation continues. ● METRO/AW

Body found in Delaware River

SOUTH PHILADELPHIA. Police pulled a body from the Delaware River this morning and it's being investigated as a possible suicide. The black man, 36, was found near the 2900 block of South Delaware Avenue around 8:20 a.m. Police confirmed that the victim is from Philadelphia and was carrying identification, but they have not yet released his name pending a full investigation.

● METRO/AW

Rapist sought in N. Philly

NORTH PHILADELPHIA. Police are searching for a man

who allegedly raped a woman at gunpoint.

The victim, 20, was reportedly walking on the 2200 block of North Watts Street around 4 a.m. Thursday when a man approached from behind and

forced her at gunpoint to an alleyway behind the 2300 block of North Park Avenue.

There, he bound her with pieces of clothing and sexually assaulted her, police said. He fled with her purse.

Police have released a composite sketch of a man they believe to be involved.

He is described as black, 5 feet 7 inches, 25 to 30 years old with a medium complexion and thin build.

● ALEX WIGGLESWORTH



In the news

7

Deaths related to Irene, according to the New Jersey Office of Emergency Management as of last night, including two men were found floating in water on the shoreline of Ocean County yesterday.

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Lovesick and green? Find yourself a match

► New dating website caters to environmentally friendly ► Doylestown woman came up with idea at wellness mag ► 2,500 members already

Do your dates hate the smell of your backyard compost heap? No one seems to understand the importance of separating trash from recyclables?

Doylestown native Cindy Gruenwald has the answer to your love life problem. Her website, ANaturalAffinity.com, matches eco-conscious Delaware Valley singles with like-minded dates.

"For people who have an interest in a lifestyle oriented towards health and wellness, personal growth, spirituality and sustainable living, these aspects of their lives often aren't merely casual interests, but corner-



"Every last single friend of mine was trying to find someone via online dating. With generic sites ... they could find a good number of people who were close, but didn't necessarily share their interests."

GRUENWALD, ON THE SITE'S GENESIS

stones of their lifestyle choices," said Gruenwald, who realized the magnitude of demand for such a service during her 19-year tenure at a wellness magazine. "They feel a strong desire to find someone with whom they can share this common ground."

In addition to the dating service, the site offers activity groups, including organic gardening, natural food potlucks and drum circles. "Many people find that getting together in a group setting based on shared activities provides a more comfortable alternative to a blind date," Gruenwald said.

Are you green?

What exactly qualifies someone as a "green" single?

"The audience is much broader than the people who relate to that terminology," Gruenwald said.

"I think that above all, these are folks who are interested in finding people who share an interest in personal growth and are on some kind of path towards self-improvement."



ALEX WIGGLESWORTH
awigglesworth@metro.us



► In six months since its February launch, the website has gathered 2,500 members. Its first meet-up last Thursday drew 60 members to a Skippack, Pa., cafe.

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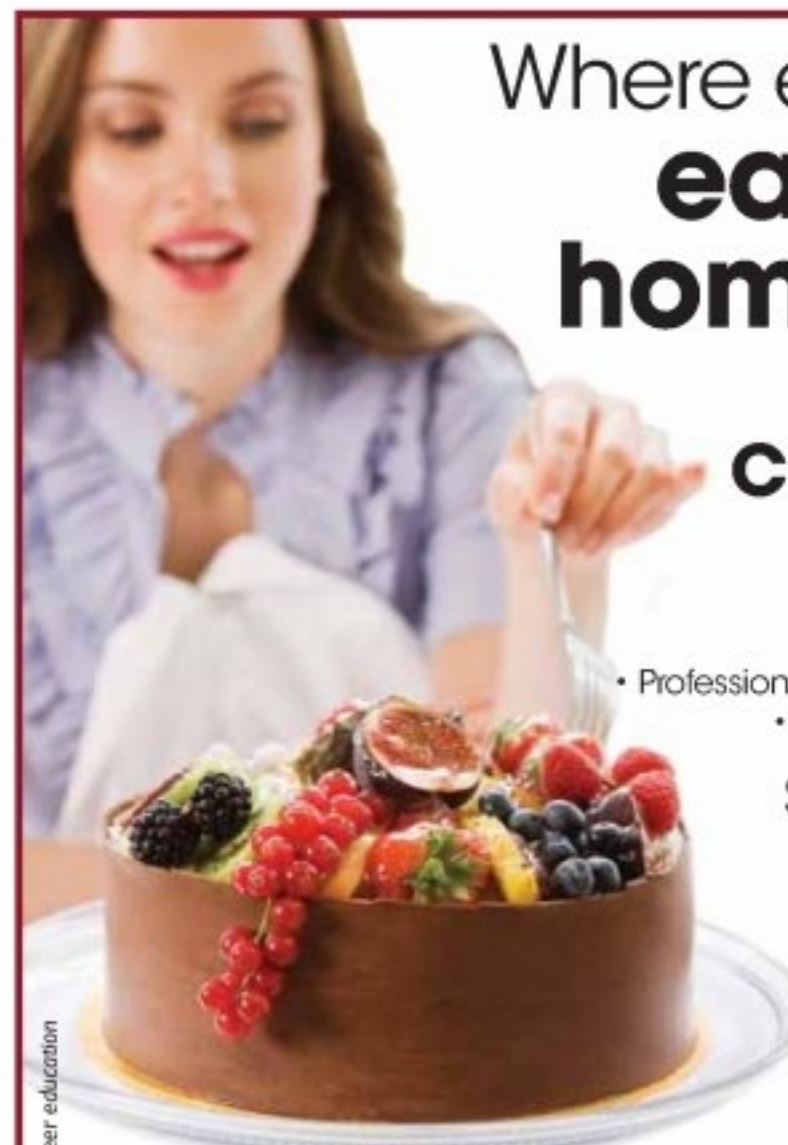
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Killings as more defect Syrian army

An armored Syrian force surrounded a town near Homs yesterday and fired heavy machine guns after the defection of tens of soldiers from the area, activists and residents said.

Since the demise of Muammar Gaddafi's rule over Libya, activists and residents have reported increasing defections among Syrian troops. They say there have been desertions in eastern Deir al-Zor province, northwestern Idlib province, the Homs countryside and the outskirts of Damascus, where President Bashar al-Assad's forces fought gun battles with defectors on Sunday.

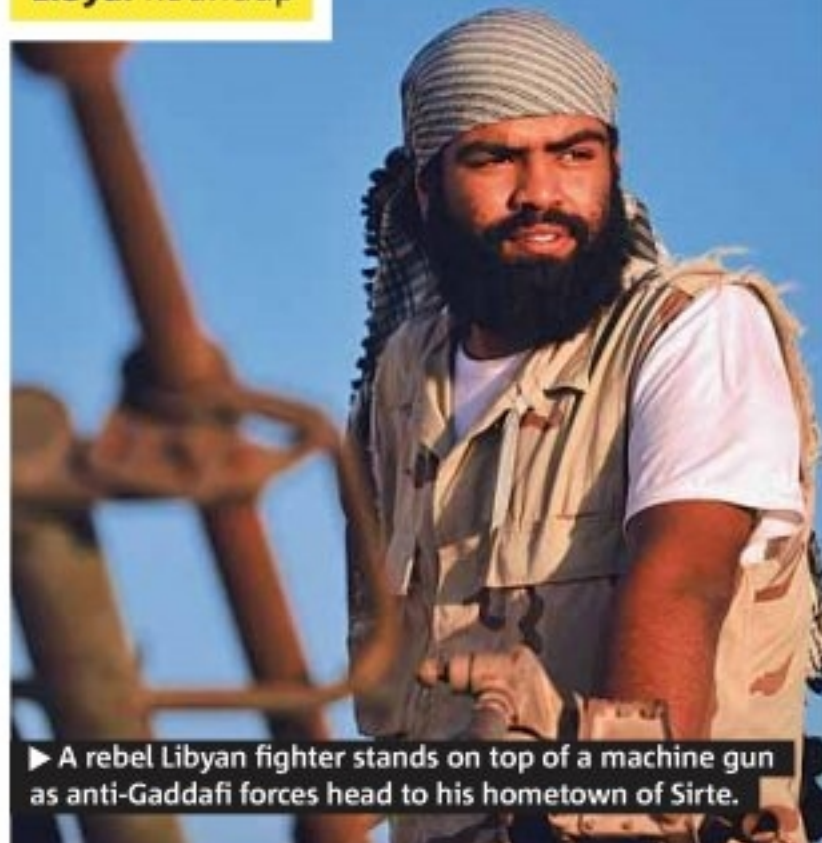
At least 40 light tanks

"The regime's political control on the army had seemed unbreakable, but that is no longer the case."

A SYRIAN POLITICAL ANALYST WHO DID NOT WANT TO BE NAMED BECAUSE OF FEAR FOR HIS SAFETY

and armored vehicles plus 20 buses of troops and government Military Intelligence deployed at the highway entrance of Rastan, 12 miles north of the city of Homs, and began firing heavy machine guns at the town, two residents said. **REUTERS**

Libya. Roundup



► A rebel Libyan fighter stands on top of a machine gun as anti-Gaddafi forces head to his hometown of Sirte.

Gaddafi remains at large

The wife of Muammar Gaddafi and other members of his family took refuge in Algeria yesterday, but the whereabouts of the fugitive former strongman himself remained a mystery. A senior rebel officer said Gaddafi's son Khamis had been killed in a clash outside of Tripoli. Meanwhile, rebel forces converged on Gaddafi's hometown of Sirte. **REUTERS**

Scotland not planning on extraditing Libyan killer

LONDON. Scotland announced yesterday it had no plans to request the extradition of the Libyan convicted of the 1988 bombing of a U.S.-bound airliner over the Scottish town of Lockerbie. Abdel Basset al-Megrahi was found guilty of bombing Pan Am flight 103 while en route from London to New York on December 21, 1988. A total of 270 people were killed. Megrahi was sentenced to life imprisonment in Scotland in 2001, but re-

Hard time?

Megrahi is living in a palatial house in upmarket Tripoli, according to reports, though a reporter who saw him said he seemed "at death's door."

leased two years ago on compassionate grounds and returned to Libya because he was suffering from advanced terminal prostate cancer and was thought to have months to live. **REUTERS**

UN warns of bird flu mutations

ROME. The United Nations warned of a possible major resurgence of bird flu and said a mutant strain of the H5N1 virus

was spreading in Asia and elsewhere.

The UN's Food and Agriculture Organization urged increased surveillance and preparation for a potential outbreak of the virus, which it says has infected 565 people since it first appeared in 2003, killing 331 of them. **REUTERS**

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Jailed Jeffs sent to hospital

SAN ANTONIO. Polygamist leader Warren Jeffs, imprisoned for sexually assaulting two girls he had taken as "spiritual wives,"



was in critical condition yesterday suffering from dehydration, Texas prison officials said.

Jeffs, 55, who was sentenced to 130 years on Aug. 9, had been refusing to eat properly and was being treated for weakness and related conditions, said Jason Clark, a Texas Department of Criminal Justice spokesman. **REUTERS**

Grizzly bear killed hiker

CODY, WYO. A hiker found dead on a back-country trail in Yellowstone National Park last week was killed by a grizzly bear in the park's second fatal bear mauling this summer, park officials said yesterday.

The two fatal attacks occurred within several miles of one another, and park officials were examining whether the same bear was involved in both incidents, a Yellowstone spokesman said. **REUTERS**

Rules broken in study

WASHINGTON. Government researchers must have known they were violating ethical standards by deliberately infecting Guatemalan prison inmates and mental patients with syphilis for an experiment in the 1940s, according to a presidential commission.

The U.S.-funded research in Guatemala did not treat participants as human beings, the commission's investigators said yesterday. **REUTERS**

Irene costs restart budget battle in DC

► Storm costs could come to billions of dollars ► Republicans want budget cuts to offset disaster aid ► FEMA pauses rebuilding to allocate relief funds

JOSE LUIS MADANA/REUTERS



► Residents walk along Highway 12, the main road that connects Cape Hatteras National Seashore to the mainland, after it was destroyed by Hurricane Irene in Rodanthe, N.C.

Tighter disaster budgets

U.S. state and local governments may have to pay for some of the billions of dollars in costs from Hurricane Irene after slashing disaster spending in recent years to shore up bleeding budgets.

That bill will arrive as state and local government revenue remains largely below pre-recession levels, leaving them with tough choices on spending for the recovery from the storm.

The International Association of Emergency Managers estimates the total impact of Hurricane Irene as between \$2.2 billion and \$2.6 billion. **REUTERS**

Washington's never-ending budget battle threatened to snarl the recovery from Hurricane Irene as a top Republican said yesterday that any federal aid will have to be offset by spending cuts elsewhere. "Yes there's a federal role, yes we're going to find the money. We're just going to make sure that there are savings elsewhere," Representative Eric Cantor, the No. 2 Republican in the House, told Fox News.

Democrats who oversee disaster funding in the Senate said they won't cut other programs to boost emergency aid.

"It makes no sense to cut programs that help respond to future disasters in order to pay for emergencies that have already occurred," Democratic Senator Mary Landrieu said in a prepared statement.

Irene killed at least 30 people and caused substantial property damage from

5M

More than 5 million households were still without electricity yesterday, the U.S. Department of Energy said.

North Carolina to Vermont over the weekend. Cantor's Virginia district was among the areas hit by the storm, and was the epicenter of an earthquake last week.

Obama administration officials said they had no estimate of the storm's cost and were still assessing the damage, but other elected officials and companies have indicated it will likely amount to billions of dollars.

The administration may have to ask Congress for additional funding at a time when lawmakers are debating further budget cuts.

The Federal Emergency

Management Agency has suspended funding for some rebuilding programs from earlier disasters to ensure that its disaster-relief fund will not run out of money, according to agency administrator Craig Fugate.

President Barack Obama has signed declarations committing the federal government to helping states from North Carolina to New Hampshire cover disaster-response costs. **REUTERS**

New York

Spared from Irene's worst fury, New York City went back to work yesterday despite a partially crippled mass transit system and power outages to 100,000 customers. Air travel at New York City's three major area airports slowly resumed service.

New Jersey

Raging waterways caused dramatic flooding yesterday across New Jersey, as the state's rivers and creeks rose from the force of Hurricane Irene. Several rivers have not yet crested, and the rising waters threatened to smash longtime flood records, authorities said.

Massachusetts

Western Massachusetts was hit especially hard by the heavy rains, and more than 500,000 customers in Massachusetts remained without power. A town employee from Southbridge, Mass., was electrocuted by a downed power line, authorities said.

Vermont

President Obama has declared a state of emergency for Vermont, experiencing its worst flooding in recent memory. At least one person was killed after being swept into a swollen river in the mountainous, land-locked New England state, which rarely sees tropical storms.

Connecticut

Some of the nearly 700,000 Connecticut residents without power could remain in the dark for a week or more, said Gov. Dannel Malloy. There has been one storm-related fatality in Connecticut, but officials did not elaborate on details of the death.

myentertainment

THE WORD



Metro's **Dorothy Robinson** shares her take on the world of gossip [@dorothyatmetro](#) [dorothy.robinson@metro.us](#)

Lil Jon on making the party happen

While **Lil Jon** had to skip town right before the big show at Sunday's VMAs, he had a moment to talk to Metro about how he's kept busy the past year — and how he's going to be the new **Celine Dion** (our words, not his).

"I've been doing a lot of DJing around the world. I just finished the new single and dropped it — 'Drink,' featuring **LMFAO**. I'm working on the album 'Party Animal.' Should be out next year," he told us. "And I

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have a residency in Vegas at Surrender. I'm there every two weeks. It's great. I never thought I'd be doing it like **Dean Martin** or **Siegfried and Roy** and those guys, but I'm there like them. It's cool." With "Drink," Lil Jon is

becoming the go-to guy for beverage anthems, and he's OK with that. "I thought we couldn't top 'Shots' for a party song, but it's right up there with 'Shots,'" he says. "When you hear the record, it makes you want to go to the club and drink and party. A little push helps." "Drink," "Shots" — maybe if he calls his next single, "Big Gulp," he can actually make some money in the music industry.

— With additional reporting by Ned Ebbas



► Lil Jon loves songs about alcoholic beverages.

Kelly Rowland on Beyonce's baby

Of course, now that the world knows about

Beyonce's baby, **Kelly Rowland** wants you all to know that she knew before all of us, thankyouverymuch. "I have known for quite a while," B's Destiny's Child bandmate told People on



Rowland

Sunday night about the happy disclosure. "And she's happy, and **Jay** is happy, and that's all that counts."

Which is translated as: "You do know that I used

to be in a group with her, right? And do you want some proof that I'm actually still close with her? How about this: I totally knew before any of you press punks did!"

Talking points

Brad Pitt to the rescue

Brad Pitt has been playing heroes for so long, it must come naturally to him now. The actor reportedly jumped in to rescue a woman from being trampled on the set of his latest film, "World War Z," currently filming in Scotland, according to the Scottish Sun. Pitt's rescue attempt happened during a dangerous scene involving 700 panicking extras. "I don't think she could believe it when Brad picked her up," a source says. "He didn't have time to speak to her as it was midshoot. But she said afterward how grateful she was, despite having a



► Spears

badly grazed knee."

Britney Spears' secrets

Britney Spears insists that, despite years of being an international celebrity, people don't really know the real her. "I can be pretty guarded with my personal life and I've learned that's OK," Spears tells Pop Justice in an interview. "Sometimes it's our secrets that define us." And despite any troubles her fame has caused her, that doesn't mean she'd be opposed to sons Sean and Jayden following her into show business. "I'd definitely keep an eye on them, but if that's what they wanted to do, then I'd let them go after it. I'd just be very protective," she says. "I wouldn't want them to go into it feeling fearful."

Oh, to be a fly on the wall

Jake Gyllenhaal's ears must've been burning, as two of his exes got together for lunch recently. **Reese Witherspoon**, just back from a Hawaiian vacation, met up with country singer **Taylor Swift** for lunch in Beverly Hills over the weekend, according to Us Weekly. The two hit it off so well that Witherspoon even gave Swift a lift home. Swift sat out Sunday night's MTV Video Music Awards, but she had a good excuse: She was performing a concert next door at the Staples Center.

Baldwin hunkers down

While Hurricane Irene caused



► Baldwin

damage up and down the East Coast of the U.S., Alec Baldwin wasn't that impressed. He and girlfriend Hilaria Thomas hunkered down in East Hampton, where the "30 Rock" star provided updates on their condition. "Sweating out the hurricane. If we go, we're going in style," he wrote Saturday night while the couple dined at a nearby restaurant. "Tomorrow, yoga on surfboards!"



Jonah Hill

The feed ...

► Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Kelly Osbourne is questioning her friend's plans, Kirstie Alley is full of love, Daniel Tosh has standards to maintain and Jonah Hill has been listening to his detractors too much.

► **@MissKellyO** my friend omar just confessed that if he ever has children he wants to call the girl 'focus' and the boy 'trumpet'.... thoughts?

► **@kirstiealley** Ok...so I love everybody in the entire flippin universe again!!!!

► **@danieltosh** if your favorite beastie boys song isn't 'high plains drifter' then we can never make love.

► **@JonahHill** I bet skinny Jonah Hill isn't as funny as fat Jonah Hill.



Girls run the world (at least at the VMAs)

The MTV Video Music Awards are all about shock and awe, but this year it was mostly the ladies who delivered on that front.

1. Looking like a cross between Ralph Macchio and Paul from "The Wonder Years," Lady Gaga opened the show (and stayed in character throughout) as her alter-ego, Jo Calderone. Gaga took home trophies for "Born This Way," for Best Video With a Message and Best Female Video.

2. Beyoncé finished her rousing rendition of "Love on Top" by patting her barely visible baby bump. Are people calling that fetus Babyonce yet? If not, we want credit! Mama Beyoncé took home a statue for Best Choreography in a

video for "Run the World (Girls)."

3. So Selena Gomez apparently didn't dump Justin Bieber or his snake. Yes, he is holding a snake in his right hand. Biebs would later hold a moon man statue, which he won for Best Male Video, with "U Smile."

4. Nicki Minaj got colorful and conical with her hair and her ice cream necklace. Minaj won the award for Best Hip-Hop Video for "Super Bass."

5. Tyler, the Creator does not look too pleased about his win for Best New Artist.

6. Katy Perry may have broken records for her outfit, but the singer, who had the most nominations for VMAs this year, only took home three Moonmen.

1, 5, 6. STEVE GRANITZ/WIREIMAGE.COM
2. JEFF KURTZ/WIREIMAGE.COM
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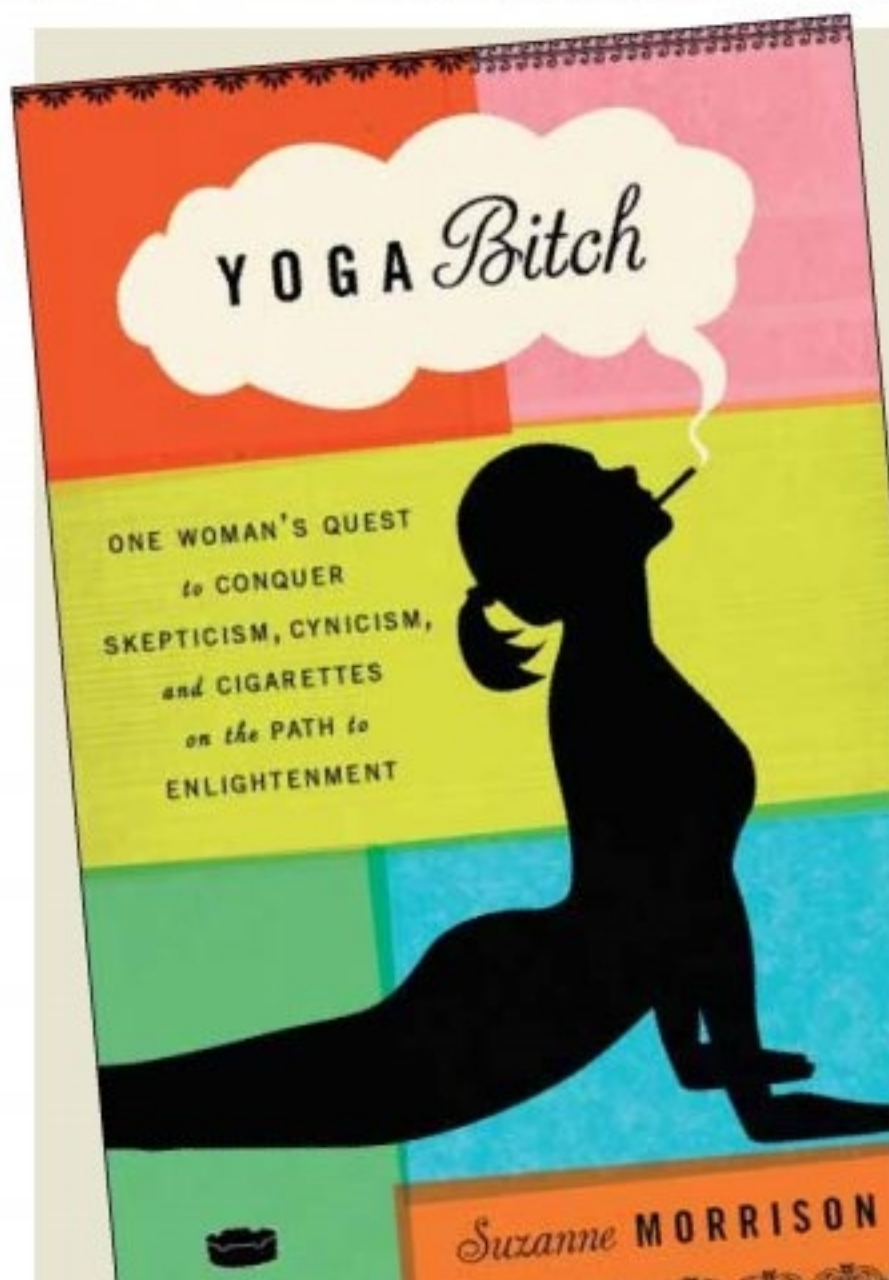
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It's the things that make you go: 'Om'

► Suzanne Morrison goes on a yogic journey with a healthy dose of skepticism in new memoir ► Her unique path to 'enlightenment'



If you think reading about a quest for spiritual fullness sounds about as spunky as a bran muffin, the new memoir "Yoga Bitch: One Woman's Quest to Conquer Skepticism, Cynicism, and Cigarettes on the Path to Enlightenment," might just change your mind. Author Suzanne Morrison recounts the story of her reformative journey at a two-month yoga retreat in Bali with a sense of humor so wicked it would make even Bikram sweat.

"The yoga memoirs when I first started writing it were so serious and earnest and self-regarding," says Morrison. "I wanted to do something that would be different and fun."

And yes, Morrison is aware that the basic plot of "Yoga Bitch" — a dissatisfied woman going to Bali to find herself — is familiar to a little memoir titled "Eat, Pray, Love." But it doesn't get her chakras riled up. "I started 'Yoga Bitch' as a show in 2003, so it was be-

fore 'Eat, Pray, Love,'" she says. "When people started talking about [Gilbert's memoir] — saying, 'It's just like your book!' — that was disconcerting. But then I read it and it was like slaying a dragon. It was just so different."

Although Morrison's quest to Bali wasn't quite as life-changing as she en-

visioned, she's still a regular practitioner at a studio in Washington — where not everyone knows that she's behind a book with such a title. "Really, I don't talk to them that much. I just go, do yoga and then get out."



DOROTHY ROBINSON
dorothy.robinson@metro.us

TV watch list

'Chelsea Lately'

TALK. At the risk of inviting Chelsea Handler and tonight's guest, The Situation, into our late-night lives, we can't resist their vodka stories. 11 p.m., E!

'Quirky'

REALITY. In this new series, designers and engineers at tech company Quirky select products submitted by inventors to develop on the fly. While we wish their premiere episode success, we're also pretty sure the infomercial market doesn't have room for one more tricked-out pasta strainer. Season premiere, 10 p.m., Sundance

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Adam Scott knows what he's got

► The 'Parks and Recreation' star and real-life pal of Paul Rudd talks about his ensemble comedy 'Our Idiot Brother' ► He tips us off as to when we can expect that movie version of his cancelled Starz show 'Party Down'

Adam Scott isn't taking anything for granted, even though he's now on an Emmy-nominated comedy, "Parks and Recreation," and part of a killer ensemble in the new comedy "Our Idiot Brother." Scott plays one of the few people enamored by the titular idiot, Ned (played by Paul Rudd), in a cast that includes Elizabeth Banks, Zooey Deschanel, Steve Coogan and many more. Metro caught up with Scott to talk about couch-surfing, Emmy recognition and the legacy — and future — of "Party Down."

Do you know anyone like Ned in real life?

Mmhm. He's in his 40s and he has yet to have an apartment or a job, but still

Knocking it out of the 'Park'

How has it been to get recognition for "Parks and Recreation" while it's still on the air?

"It's great. I mean, we got nominated for best comedy for an Emmy, and we were all so, so happy. It feels great because when we started the season last year, we weren't on the fall schedule and we didn't know when we were going to be on the air — if at all. The business is so unpredictable now. So to get that recognition was really, really satisfying."

somehow exists in the world and just couch-surfs — and has been for about 15 years. And hats off to him. I mean, think about how charming you have to be to be able to do that. And he is one charming motherf—er.

Most of the characters get pretty fed up with Ned's super-positive outlook. How did you see it?

It's infuriating, yeah. I guess I saw him in that way, but I think the way my character sees him is: "I just think he's awesome." ... He's one of those guys who's great at first, and then after a couple months you're like, "Wait a second. What the f— is this guy's deal?" But I think we just become fast

friends, which was easy to do because Paul and I are buddies.

Have you been finding a lot of "Party Down" fans in the industry since the show ended?

Yeah, it's great. I mean, when we were doing it, no one was watching it. ... But since it got canceled, its popularity has really exploded — thanks to Netflix, mostly.

There's always the "Party Down" movie — or rumors about the movie at least.

Yeah, it's like 90 percent there. Hopefully if we all get our s— together we can shoot it next summer.



NED EHRBAR

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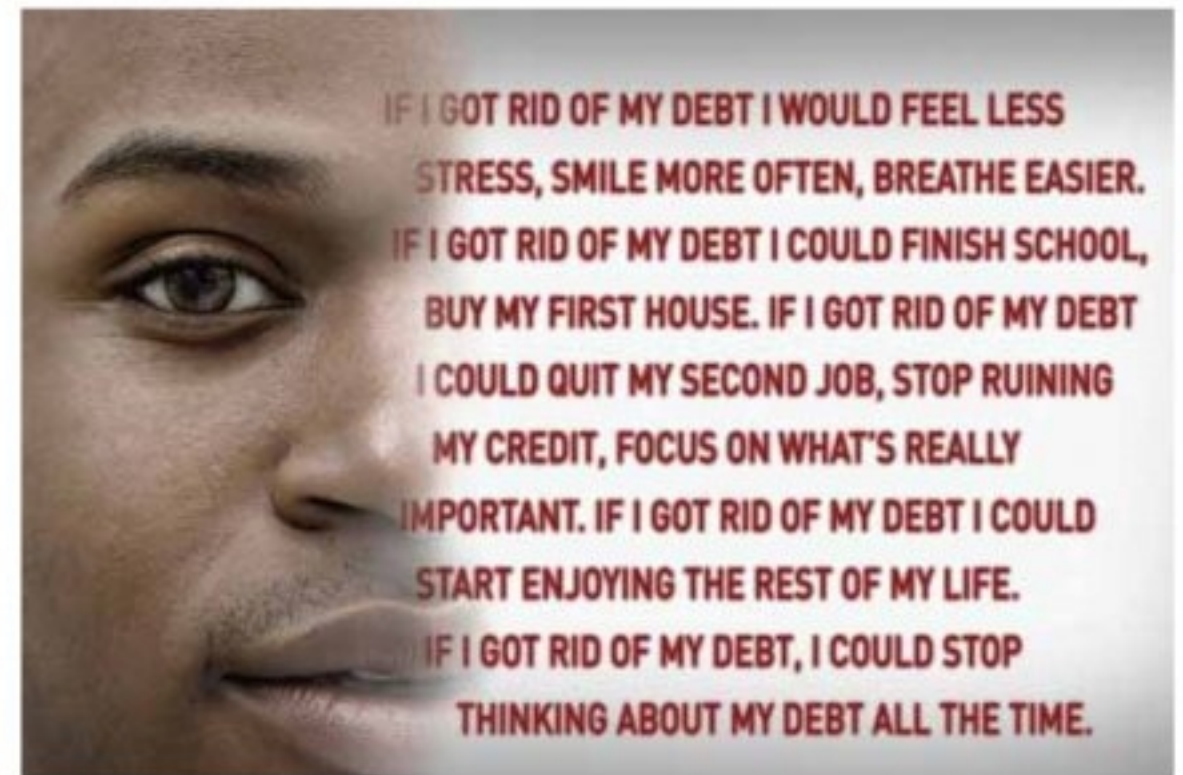
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health guide



► The Cyberknife can non-invasively treat tumors that are difficult to reach by traditional methods.

Rothman to bring Cyberknife to Philly

- Well-known orthopedics institute has begun using frontline technology
- Tumors once unreachable now can be attacked with noninvasive surgery

One of the region's top places for orthopedics, Rothman Institute, is pushing forward with new technology to help its patients, including the recent addition of the Cyberknife.

Using computers, robots and cameras, the knife is able to target tumors that until now have been considered unreachable by surgeons — without the use of anesthetic, due to noninvasive radiosurgery.

"CyberKnife allows us to target just the tumors while largely sparing healthy cells," Alexander Vaccaro of the Rothman

Patient benefits from Cyberknife

- Pain-free
- Noninvasive
- No anesthesia required
- Immediate return to normal activity

Institute said about the frontier-breaking technology in a press release.

The study of our joints, bones, muscles and nerves makes up orthopedics, the specialty for Rothman, located on Ninth and Chestnut in Center City. Found-

ed in 1970 by Richard H. Rothman, the institute has been recognized internationally for its work in orthopedic research and technology.

The company prides itself on being the largest orthopedics practice in Philadelphia and southern New Jersey, because of its physicians' publications of numerous textbooks and for being the official orthopedic physicians for the Phillies, Eagles and Flyers.

Orthopedics can range anywhere from complex surgeries such as hip replacement to helping peo-

ple meet nutritional goals. The Rothman Institute offers a Wellness program, which is a specifically customized program to help patients with weight loss. The dietitians work closely with each patient both in group classes and one-on-one follow ups.

From sports nutrition to the study of bone diseases, the Rothman Institute has been a big part of orthopedic research, as well as an important part of Philadelphia's medical scene.

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health guide

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Jennifer Hudson's Styling: Eric Archibald, Hair: Tippi Shorter, Makeup: Sam Fine.



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health guide

Hangover yoga

► Tara Stiles is more of a gangster yogi than the soy latte/veggie burger kind of girl ► Deepak Chopra's yoga teacher and the author of 'Slim Calm Sexy Yoga' teaches us how to bounce back to life after an all-out drink fest

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► Try a seated twist.

From heavy-headed to clear-minded

If last night was a heavy one and you've woken up with a set of drums instead of a brain, the last thing you may want to do is get up and work out. But according to yogi Tara Stiles, completing about 10 minutes of a simple yoga sequence is enough to get you feeling a bit better. "Just go easy and take it slow," she says.

"These moves get the blood flow going, and the twisting helps detox the liver. You will alleviate the ailments in the body and

stimulate the nervous system," she explains.

Wring out the alcohol

One alcoholic drink is metabolized in about one hour, so the amount still lingering in your system will depend on how much you drank. The sequence will help burn off a few extra calories, and will stimulate the release of endorphins — your feel-good hormones. "The main thing is to focus on the breath, not necessarily getting into the finished version of the pose," suggests Stiles.

Top three poses for your hangover

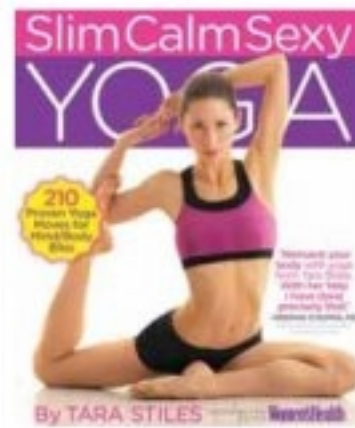
Seated easy twist

The twisting nature of this pose stimulates the liver and the kidneys and pushes the alcohol on its way out of your body. It energizes the spine and stimulates digestion. All this squeezing out is great for detoxing.

Bridge pose

After a heavy night, this pose calms the brain and rejuvenates tired legs. Overall benefits include a reduction in anxiety, fatigue and insomnia. The abdominal organs, lungs and the thyroid will be fired up, and digestion will improve. It's therapeutic for high blood pressure and helps lessen back and headaches.

► **Supported headstand**
 Come on all fours, interlace



By TARA STILES

your hands, and place the top of your head on the ground so your hands hold the back of your head. Tuck your toes and straighten your legs so your hips are over your shoulders. Stay here for 10 long, deep breaths, and rest in child's pose.

ROMINA MCGUINNESS

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BEST TIPS FOR GOING BACK TO SCHOOL

{page 20-23}

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education guide

Breaking down the cost of it all

► Your first step for heading back to school: Play the numbers game ► Here's a guide for crunching the total cost of it all, from textbooks to transportation

If you're thinking of going back to school, you'll need to project costs in five areas:

1. Tuition and fees. Generally, these are charged at either a flat, full-time rate or a per-credit rate for part-timers. Public institutions have different rates for residents and non-residents, so consider staying local.

2. Living expenses. If you're going to stay in your current home, you should have a good idea what you're paying. If you're going to live on

campus, room and board charges can vary widely based on room type and meal plan.

3. Books and supplies. In addition to budgeting for books, think about equipment needs. Is your current computer going to meet your needs, or is it time to upgrade?

4. Transportation. If you're going to commute by car, remember to calculate parking costs in addition to gas and mileage. SEPTA has special rates for students at Temple, Drexel

and Penn; but even if you're going to a different school, a weekly or monthly SEPTA pass might make sense. Students living on campus need to budget in traveling home for week-ends and breaks.

5. Miscellaneous. Cell phone, laundry, cable/Wi-Fi, entertainment, etc. Some of these are fixed costs, but you can save on others with student discounts. Check CampusPhilly.org for coupons and a calendar of events.

◉ JUDY WEIGHTMAN

Save on textbooks

A new student's first trip to buy textbooks can cause serious sticker shock. A single book, if bundled with a CD or online access code, can easily cost \$250. According to CollegeBoard.com, students at four-year public colleges spent an average of \$1,137 per year for books and supplies. ◉ METRO/JW

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education guide

GMAT: 'It's a useful snapshot'

- Be prepared to take the Graduate Management Admission Test
- What you need to know about the exam's upcoming changes

One major hurdle that aspiring tycoons have to face on is the Graduate Management Admission Test. Business schools look carefully at GMAT scores.

"We don't have a formal cut-off, but anyone more than about 50 points below our average of 650 [on the 200-800 point scale] would have to bring something special to the table," says Stacey Dorang Peeler, director of admissions at Penn State's Smeal College of Business. "That might be a strong undergraduate transcript, leadership ability or impressive work experience."

"[The GMAT is] important for seeing an appli-

cant's overall ability," agrees Dr. Rajan Chandran, vice dean at Temple's Fox School of Business. "It's a useful snapshot."

The GMAT is not the only factor considered, though. "We want to create entrepreneurial leaders and change agents. Test scores reflect some skills, but emotional intelligence is just as important," says Chandran.

It serves business schools when graduates succeed, so admissions personnel look for those who'll benefit from the experience. "We've rejected candidates with scores of 700, 750, if they can't articulate their goals," Peeler says.

◆ JUDY WEIGHTMAN

For the future

Major changes planned

The GMAT will undergo a major format change in June 2012. It will add a third component, integrative reasoning, to the current verbal and quantitative sections.

"The help now available — both preparation classes and books — is based on experience with the cur-

rent version," points out Andrew Mitchell, Kaplan Test Prep's director of pre-business programs.

Since your score is valid for five years, it might make sense to take the test before next June, even if you're not planning to apply to business school immediately.

"After the changeover, it will take time for prep resources to regain that level of experience," Mitchell says. "The GMAT is much more competitive than the SAT. You need to be well prepared."



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Don't be afraid

► When returning to school as an adult, chances are you'll need a refresher ► How to best use your school's many learning resources

There are two areas where students can need help with their schoolwork: help with specific subjects and help with study skills. The learning center at your school has resources for both.

Community College of Philadelphia, for instance, has tutoring available on all its campuses. Dr. Megan Fuller, an assistant professor in the Learning Labs explains, "We have full-time faculty, non-student tutors who have either associate's or bachelor's degrees and peer tutors who have successfully taken the class they're tutoring."

These staffers provide both one-on-one tutoring and group sessions that

Quoted

"Our services are not just for people who are struggling. The students we see are the A and B students, because they know what it takes to be successful."

NANCY MOTT

meet once a week or more. Students are welcome to check out both to see what works from them.

"If you aren't getting what you need from a tutor, don't just give up, ask to see someone else," Fuller says.

The college also offers workshops in study skills like time management, note-taking and exam anxiety.

"Time management is crucial for everyone," emphasizes Dr. Nancy Mott, director of Learning Support Services at Villanova University, "but especially for nontraditional students, who have job and family obligations as well."

She recommends using whatever planner you're most comfortable with, whether that's an electronic gadget or an old-fashioned paper calendar. Make sure you've always got your planner with you, enter all of your assignments and obligations as soon as you know them and keep track of the big picture. "Contact your school to see what services and resources are available," Mott says.

"Don't wait until the last minute," Fuller agrees. "If you're having problems, come in and let us help you find the solution that works for you."

● JUDY WEIGHTMAN

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to ask 'dumb' questions

WHAT THE EXPERTS SAY

We asked both of our experts for their top tips for succeeding as a returning student. Here's what they said:

Megan Fuller,
Community College of Philadelphia

1 Engulf yourself in the college experience. A lot of people just show up for class then go home, and they're missing out on great resources. There's a whole community here that includes not only other students, but your teachers and the staff, who want to help you succeed.

2 Be an advocate for yourself. Find the people who can listen to you and help you, not just process your paperwork and tell you what line to stand in next. Be polite, but voice your needs.

3 Set specific goals, and work out a time line for achieving those goals. It's great to say you want to be a nurse, but what's the path you need to take to get there? What benchmarks do you need to achieve, and when will you hit them?



Nancy Mott,
Villanova University

1 The most important thing is to make time management a priority. As soon as you get each syllabus, enter the dates and deadlines into a master calendar. If you know in advance when you'll have a week with two exams, a paper and a presentation, you can prepare for that week without freaking out.

2 Pick a course you're really excited about for your first semester. If you're nervous about taking math or a foreign language, put it off! Get used to being back in school before you start tackling the more challenging courses.

3 Don't be afraid to ask for help. It isn't a sign of weakness — it's a sign of intelligence and strength. Find out early what's available in Learning Support, and get to know your professors, as well. **METRO/JW**

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Letters

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Blame game or just the facts?

RE: "HOW LONG CAN WE BLAME W.?" To answer Mr. Crowley's question, you can't unblame someone for something they were clearly responsible for. It's a part of history now.

JONATHAN PERRY, VIA E-MAIL

John Crowley wrote: "The Obamamaniacs blame Bush for everything." I just felt the need to point out that Mr. Crowley missed a good chance to use the term "Obamaniacs," which would have been more clever and far less redundant. Perhaps my version is harder to

pronounce, but we can all agree that it isn't half as silly as that ridiculous "mama" sound one would be forced to make by speaking his out loud. I mean, come now, Mr. Crowley. Our president may need to pull up his big boy pants, but you need to sharpen your big boy wit. **THOMAS MURRAY, VIA E-MAIL**

Tea Partiers wonder why people get angry with them. It's because they say things that aren't true. They say Obama screwed up the economy and plays the "blame George Bush" game. Leading economists said that

when a big enough crash happens, it takes 8 to 10 years to recover. That's a fact about economics; it's not a blame game.

HARRY THORN, PHILADELPHIA

Capital crime: Tax dishonesty

Isn't it ironic how Warren Buffett stated that folks like him should pay more taxes, but at the same time his firm (Berkshire Hathaway) hasn't paid what is owed to the IRS since 2002? Pay up or shut up, Buffett.

RICARDO CUMMINGS, VIA E-MAIL

Why is anyone who

disagrees with the outdated ideology of the right wing in this country branded a socialist? Is letter-writer Mark Barbee more capitalist than Warren Buffett or Bill Gates?

JEAN KAZADI, VIA E-MAIL

What we need: Jobs not cuts

Instead of ending tax breaks for millionaires and large corporations, or stopping the pork barrel spending, the U.S. debt deal lays the groundwork for substantial cuts to vital federal programs like Social Security, Medicare and Medicaid. Right now America needs to focus on creating jobs and lowering unemployment rather than cutting spending and undermining the economy.

CHARLES M. QUINN, VIA E-MAIL

Horoscope

Virgo Aug. 23-Sept. 22. In order to be properly and fairly compensated for your work, you may have to champion your own cause. Don't allow someone who has no idea of what you do to set your pay scale.

Libra Sept. 23-Oct. 23. Those in your charge must be made to realize there are reasons for rules and order and that these must be obeyed. Make it clear that unless things are legit, everyone will suffer.

Scorpio Oct. 24-Nov. 22. If you attempt to even up the score with someone who has wronged you, chances are you will incur even more complications. Instead of nursing a grudge, forgive and forget.

Sagittarius Nov. 23-Dec. 21. Many times we can unwittingly ignore the deserving while catering to someone who has wronged us. This could be the case for you currently, so take care not to do so.

Capricorn Dec. 22-Jan. 19. When there are bigger goals to be reached, wasting time and effort on something that will give you merely nominal gratification is wasteful.

Aquarius Jan. 20-Feb. 19. If the people with whom you associate find you difficult to please, they are apt to make a rapid exit.

Pisces Feb. 20-March 20. When having to work with extremely limited resources, play everything close to the vest. If you don't, you could easily get into trouble trying to bluff your way through it all.

Aries March 21-April 19. Unless your aims are in harmony with those of your allies, what you attempt to do together will fizzle. Everyone must be working off the same game plan to be effective.

Taurus April 20-May 20. In order to be a bit easier on yourself than usual, you should delegate some work responsibilities to your associates. Unless you do so, the chances of everything getting done are slim.

Gemini May 21-June 20. If you try to apply a bit of pressure on someone who is indebted to you, this person may disappear rather than comply. He or she isn't ever likely to reciprocate your good turn.

Cancer June 21-July 22. Unless the dispersing of family funds is handled with consideration for all parties, it could become a sticky issue within the household for some time.

Leo July 23-Aug. 22. Co-workers are apt to emulate your behavior; so if you establish a poor example, nothing is likely to get done properly or even be finished.

BERNICE BEDE OSOL

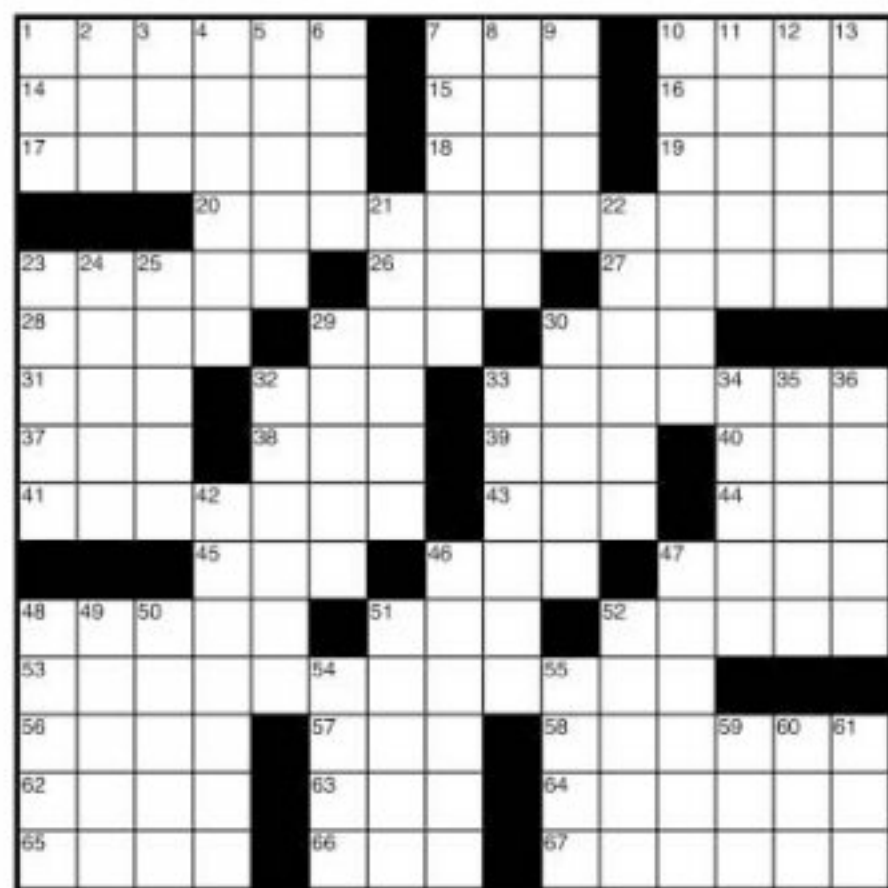
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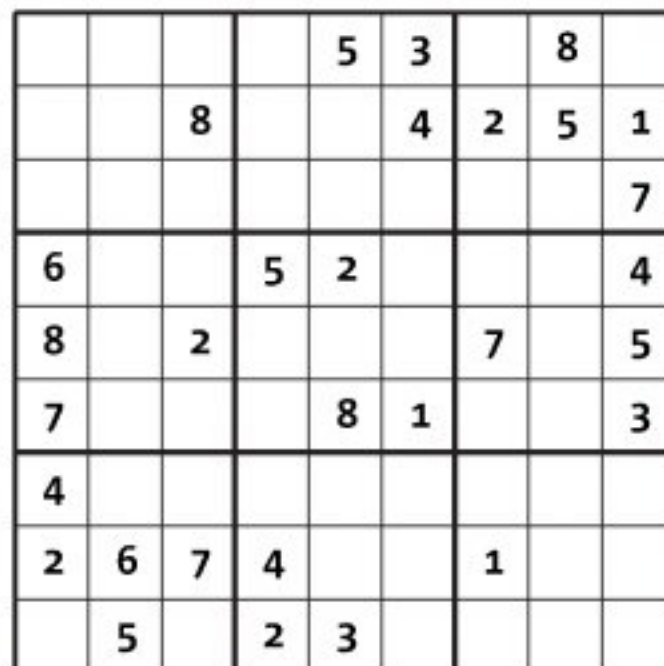
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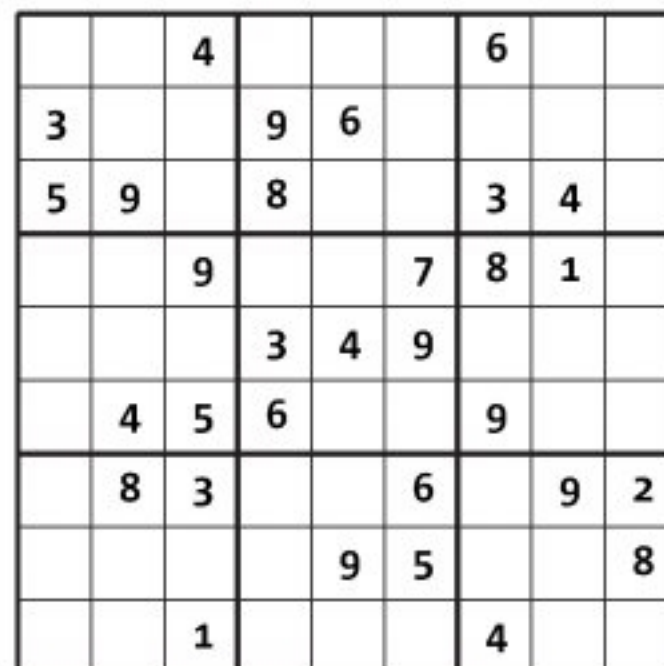
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ANGELO CATALDI

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STOP THAT TRAIN, I WANT TO GET OFF

Stop the bandwagon, I want to get off. That's right. After three meaningless preseason games, I'm ready to stop talking about the Eagles finally winning a Super Bowl and start talking about why they won't.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages. Opposing viewpoints are welcome. Send submissions to letters@metro.us.

Please understand that I want everything that follows to be dead wrong. I want a championship for the Eagles more than any other team, because the fans have waited long enough.

Heck, most of them weren't born the last time the Birds won it all in 1960. It's time.

But now that the joy of the front-office assault on free agency is over and coach Andy Reid is back prowling the sidelines, reality is setting in. And the truth about the 2011 Eagles is that they have the same problems they have had throughout Reid's 13-year run.

There are two areas that clearly are not championship caliber: offensive line and linebacker. The line is young on the left side and terrible on the right — so terrible that Reid moved veteran guard Todd Herremans to right tackle over the weekend. How smart was it to ignore the blind side of Michael Vick while overindulging on cornerbacks?

Because of Reid's flawed philosophies, the Birds keep making the same mistakes. Even when they had big anchors on the offensive line like Jon Runyan and Tra Thomas, Reid filled the other positions with retreads and hacks. Artis Hicks, Max Jean-Gilles and King Dunlap? That's the best Reid could do?

Meanwhile, his devaluing of the linebacker position remains absurd. The only time his Eagles made it to the Super Bowl, Jeremiah Trotter was a menacing presence at

middle linebacker. Now Reid thinks he can fill that with Casey Matthews, a rookie so raw he couldn't believe it himself when he was listed on the first team. Welcome to our world, Casey.

When it comes to football, Andy Reid must be clinically insane. Why else would he keep repeating the same mistakes and expecting a different result? Was anyone still paying attention last week, when the coach elected to challenge Cleveland's first TD? Reid earned a 15-yard penalty for the challenge because those plays are now automatically reviewed.

Reid spent 135 days in virtual isolation during the lockout. Is it too much to ask that he study the new rules? And while he was at it,

why didn't he spend a day or two reviewing his horrific record on challenges, perhaps even making a tweak to his ineffective system?

Forget it. Andy Reid is doomed to keep making the same ridiculous blunders week after week, year after year. And we fans are doomed to relive the same nightmares every season. That's why I'm jumping now, before the rush. Stop the bandwagon, I want to get off.

— Angelo Cataldi is host of 610 WIP's Morning Show, which airs weekdays 5:30 a.m. to 10 a.m.

Vick: A saint for all seasons

Michael Vick is revolutionizing the position of quarterback. He is the most popular player in the history of ESPN. He is generous to friends and relatives, an inspiration to young people.

Uh, hold on a minute. Could the man win something before we petition the Vatican to make him our first living saint?

ESPN the Magazine is dedicating an entire issue to Vick because our beloved hero is the most important person in the sports world today. The magazine arrived at this conclusion after polling 44 current NFL players



► Vick

Wrong. Many of us have never been more conflicted about a player in our lives. What he does on a football field can be magical, but what he did off it will never be forgotten.

Ultimately, the only thing that matters is whether he can take this talented Eagles team and make them champions. Others have purged from their memories the fatal, underthrown pass that ended last season. I have not and will not.

All of the praise being heaped on Vick these days is nothing more than meaningless blabber until he proves he is worthy of it. If Michael Vick really wants to be an inspiration, he'll win us a championship. Then we can all petition the Vatican together.

and learning that all 44 like him, an ESPN first.

The magazine also has concluded that fans either love him or hate him; there's no middle ground.

Idle thoughts from Cataldi ...

1 Four minus three is ... Is it time to downgrade the Big 4 to a Big 3? In an injury-riddled season, Roy Oswalt has not pitched like an ace. He has a 3.77 ERA and has given up 115 hits in 98 innings — and somehow has compiled a losing record (6-8) on a team destined to win at least 100. Right now, Vance Worley is better.

2 Philly, the new Moscow. New Flyers goaltender Ilya Bryzgalov said that Philly reminds him of his homeland of Russia. There was a time when that comment would have been considered an insult, especially by chairman Ed Snider. Now, especially with Bryzgalov's thick accent, it is just really funny.

3 If it ain't broke, don't try and fix it. Eagles coach Andy Reid will be resting most of his starters in the preseason finale Thursday night against the Jets. Why? Because that's what Big Red always does — despite his poor early-season record. So why change something that clearly doesn't work?



► Hamels is back after spending a few days on the DL.

Keep foot on the gas

The Phillies are on automatic pilot, cruising to another NL East title and their fifth straight trip to the playoffs. So what's the problem? Apathy.

What the Phils are doing never works. Taking the foot off the pedal with five weeks left is not just a bad idea, it is often a fatal one. The Phils will deny they're trying less hard to win these days, despite their 4-4 mark vs. the Nationals, Mets and Marlins over the past 10 days. But we know better, don't we?

Cole Hamels said he felt terrific last week, while on the DL for a forced vacation. Ryan Howard was rested for a game with a foot problem that he said was actually

no problem. Howard and Chase Utley were yanked from games in progress, to rest a little more. Check the box scores. Kyle Kendrick, Michael Schwimer, David Herndon and Michael Stutes are getting more and more work on the best pitching staff in the big leagues.

Manager Charlie Manuel thinks he's planning ahead for the big games in October. What he is doing is sending exactly the wrong message. Just ask the Yankees, who conceded a close division race last year to set up their pitching rotation. They got crushed by Texas.

The Phillies should fulfill the destiny of this fantastic team and shatter their all-time win total of 101. And then they should roar into the playoffs and finish the job.

Privacy please



Colt hero

Indianapolis Colts QB Peyton Manning will practice on a limited basis this week.

Manning, who is recovering from neck surgery, was activated from the PUP list yesterday. Manning isn't expected to play in Thursday's preseason finale and he still doesn't know if he'll be ready for Week 1.

"I don't know what HIPAA stands for, but I believe in it and I practice it," he joked, referring to the law protecting medical privacy.

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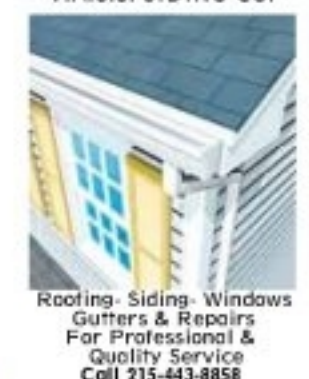
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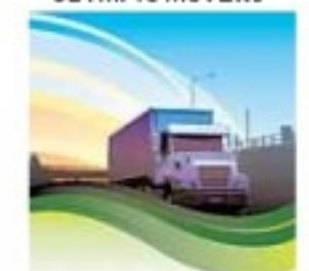
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This is the watch Stephen Hollingshead, Jr. was wearing when he encountered a drunk driver.
Time of death 6:55pm.

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Photo by Michael Muzzo



► Kelce will be your Week 1 starter at center.

Kelce now front and center

Turns out Jamaal Jackson was right all along.

Jackson told reporters last weekend that there wasn't a competition for the starting center spot. Yesterday, the Eagles confirmed that speculation by naming Jason Kelce the starter. That means the team is banking on two rookies — Kelce at center, Danny Watkins at right guard — to anchor the interior of the O-line.

terior of the O-line.

"I know it can work," offensive coordinator Marty Mornhinweg said. "I'm quite happy with their play. I'm very confident that it will work. It's a difficult thing to do. Difficult thing with the center position alone. But I'm real confident they will be playing at a high level very quickly."

Todd Herremans is now

the starter at right tackle, with Evan Mathis slated to take over at left guard. It's a new-look offensive line that will have to hope two weeks of practice is enough to build chemistry.

"There's a risk with everything you do, and there's a risk in staying put as well," Mornhinweg said.

Andy Reid doesn't usually play his starters in the fourth preseason game.

While it would be uncharacteristic for the coach to change that philosophy, Mornhinweg didn't rule out the starters playing in Thursday's finale.

"There is a possibility, and it's tempting," he said. "It's really tempting to do that, however for the long term there has to be some choices made there. Andy [Reid] ultimately will make those choices." ● METRO

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TUESDAY, AUGUST 30, 2011

Owls ready to usher in new era under Addazio

On the verge of the newest era of Temple football, Steve Addazio has a modest goal for his Owls.

Sing the fight song.

"Find a way to win the game," said Addazio. "You'll never hear me say anything more than that. Find a way to sing that fight song in the locker room, and don't get caught up in anything else."

Even if the Owls beat Villanova Thursday night, Addazio says they'll still have plenty of room for improve-



ment. Especially since he still won't reveal whether incumbent Mike Gerardi or Chris Coyer will start at quarterback.

One other possibility, Chester Stewart, who started the first seven games last

season, is out. Stewart and cornerback Kee-ayre Griffin are suspended for at least one game after violating an unspecified team rule.

No matter what happens against Villanova, Addazio and his players will want more.

"Sometimes opening day can fool you," said the first-year Temple coach. "I'm realistic to know that the most growth in a team comes between games one to four."

His players say the transition has been almost seamless.

"He's perfect for our program," said junior Morkeith Brown, who was moved from tight end to defensive end. "He tells it like it is. He brought in what he thought we needed to get better. A lot better. So the expectations are turned up a bit higher."



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Eagles fully invested after signing Vick

Michael Vick's road to redemption is now paved with gold.

The Eagles rewarded their superstar quarterback yesterday by signing him to a six-year deal worth \$100 million, including \$40 million guaranteed. Vick is under contract with the team through the 2016 season.

ESPN's Adam Schefter first reported the deal. The Eagles confirmed it shortly after through a team spokesman.

Several of Vick's teammates took to Twitter last night to congratulate their leader.

"My big homie @mike-vick deserve whey bit of that 100MILLION LOL ... I love my squad," wrote



LeSean McCoy.

Vick's deal — at about \$16.67 million per year — is the third-most lucrative given to an NFL quarterback, falling just behind Tom Brady and Peyton Manning. **METRO**

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careful game plan; here's how we ate our way through the Big Easy in one weekend.



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717 Orleans St.,
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In the heart of the French Quarter, the Bourbon Orleans was a convenient home base for our culinary tour of the city.
www.bourbonorleans.com.

DAY 1

Breakfast

Cafe Du Monde
800 Decatur St.
504-525-4544
Arrive at Louis Armstrong International Airport on an early flight and have the cabbie drop you off at this quintessential outdoor cafe in the French Market. A cup of coffee au lait (mixed half and half with hot milk) and an order of the famous beignets — fried dough

sprinkled with powdered sugar — will fuel the long day ahead. Burn off the calories with a stroll along the Mississippi River, just one block away.

Lunch

Dickie Brennan's Bourbon House
144 Bourbon St.
504-522-0111
Bourbon House is dedicated to local, in-season seafood; the Seafood Boucherie (smoked redfish rilletes, seafoed boudin and the chef's daily terrine) is just one savory sample of the Gulf's finest. Adding to the

local flavor, the dining room's huge picture windows overlook Bourbon Street. This notorious road is less bead-filled during the afternoon, the perfect time to take in the strip if you're not apt to enjoy it more after hours with an oversized Hurricane cocktail in hand.

Dinner

Sylvain
625 Charles St.
504-265-8123
A newer addition to the French Quarter culinary scene, Sylvain is understated charm with a contemporary mind-set — embodied



► Brennan's Eggs Benedict are second to their premiere egg dish, Eggs La Nouvelle New Orleans.



perfectly in the Roasted Pork Po Boy (topped with sharp provolone and broccoli rabe on ciabatta). Date night here would be hard to beat, particularly if you cap the evening off with live jazz in one of the clubs lining nearby Frenchmen Street.

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**DAY 2****Breakfast**

Brennan's
417 Royal St.
504-525-9711

Wine and dessert for breakfast? Yes, please! Brennan's is an institution in NOLA, a true throwback to old Southern elegance where the meal is served in courses and leisurely enjoyment of the food is encouraged. Does it get any more decadent than Eggs La Nouvelle Orleans — poached eggs served on a bed of lump crabmeat topped with brandy-cream sauce? Actually, yes — Brennan's is known as the birthplace of Bananas Foster.

Lunch

Food festival
French Quarter

There's always something to celebrate in New Orleans. We were in town for the second annual New Orleans Oyster Festival,



► Head to Mr. B's for their delicious Shrimp and Grits.

where the turnout defied any notion that Gulf Coast seafood is unsafe to eat post-Deepwater Horizon oil

spill. Festival-goers slurped oysters raw, charbroiled and cooked every way in between. "It's a celebration

for the oyster itself, and the oyster fishermen. We donate the proceeds to conservatories that are trying to restore wetlands," explained festival board member Chris Berg of New Orleans Fish House, a major seafood supplier in the region.

Your next chance to sample the delicacies of the Louisiana waterways is Sept. 9-11 during the fifth annual New Orleans Seafood Festival (www.neworleansseafoodfestival.com).

Dinner

Mr. B's Bistro
201 Royal St.
504-523-2078

With a focus on Creole cuisine, Mr. B's is the right spot for Shrimp & Grits (Gulf shrimp are wrapped in applewood smoked bacon atop grits with red-eye gravy). Afterward, take in one last picturesque night walking through the historic Jackson Square, where the castlelike St. Louis Cathedral sits.



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